



# BETTER YOU

## UNDERSTANDING YOUR CHOLESTEROL THREE-PART SERIES

Florida Blue   
**BetterYou**

Taking steps to manage your cholesterol can help protect your heart. This three-part series will help you understand the role of cholesterol in your health. In Session 1 you will learn about the two types of cholesterol, what your numbers mean and the risk factors. Session 2 will focus on the benefits of healthy habits and lifestyle changes you can make. Session 3 reviews the role medications, supplements and herbs have in cholesterol management.

Presented by Florida Blue and

Dates:

Time:

Place:

Contact:

To register for the event:

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